

From the Store to Your Plate



How to shop smart,
cook lean and design
your healthy plate





Agenda

- Shopping
 - Supermarket Savvy
 - www.supermarketsavvy.com
 - Tips for navigating the supermarket
 - Low calorie, lower fat alternatives
- Food Preparation
- The American Plate



To the Supermarket

- Make a list
- Don't go hungry
- Shop the perimeter of the store for whole, fresh foods
 - Produce
 - Grains
 - Fresh Meats
 - Dairy
- Spend less time in the center aisles of the store
 - Baked goods
 - Snacks and sweets
 - Processed foods
 - Fats, Oils, Salad dressings
 - Miscellaneous



At the supermarket

- Look for nutrient dense foods
 - Potato instead of potato chip
 - Banana instead of soft drink
 - Whole grain bread instead of white bread
- Read the labels
- Choose wisely in the center aisles
 - Frozen and canned fruits and vegetables
 - Whole grains
 - Nuts, legumes and lentils



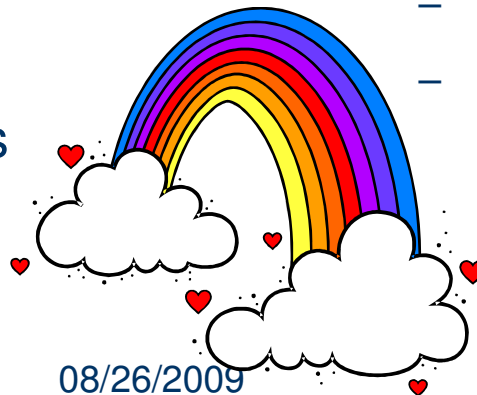
Taste the Rainbow

- Fruits

- Apples, Pomegranate, Red raspberries
- Oranges, Peaches, Nectarines
- Bananas, Lemons
- Kiwi
- Blueberries
- Plums, Grapes

- Vegetables

- Tomatoes, radishes
- Carrots
- Yellow Squash, Onions
- Broccoli, Asparagus, Brussels Sprouts, greens
- Blue?
- Beets, Purple Cabbage





Cereals, Grains and Pasta

- Heavier Choices (higher fat/calories)
 - Ramen noodles
 - Pasta with alfredo sauce
 - Pasta with butter or cheese sauce
 - Granola
 - Buttered or cheese breads or bagels
 - Croissants, biscuits
 - Buttery Crackers
- Lighter Choices (lower fat/calories)
 - Whole grain rice or pasta
 - Pasta with red sauce or vegetables
 - Whole grain cereal (oats, cheerios, bran flakes)
 - Reduced fat granola
 - Whole grain bread or bagels
 - Dinner rolls, English muffins or reduced fat or fat free muffins or scones
 - Low fat crackers or saltine or soda crackers

Meat



- Heavier Choices

- Bologna, salami, hot dogs
- Bacon or sausage
- Ground Beef
- Chicken or turkey with skin
- Duck or goose
- Oil packed tuna

- Lighter Choices

- Leaner lunchmeats such as turkey, lean roast beef or chicken
- Canadian bacon or lean ham
- Ground round, sirloin or very lean ground beef or ground turkey or chicken
- Water packed tuna

Meat



- Heavier Choices

- Beef cuts like chuck, rib or brisket
- Pork cuts like ribs or untrimmed loin
- Frozen breaded fish or fried fish
- Whole eggs
- Chorizo sausage

- Lighter Choices

- Beef cuts like round, loin with excess fat trimmed
- Pork cuts like loin, tenderloin
- Fish or shellfish unbreaded
- Egg whites or egg substitutes
- Turkey sausage (read label) or vegetarian sausage



Dairy Products

- Heavier Choices

- Whole milk
- Evaporated whole milk
- Ice Cream
- Whipping Cream
- Sour Cream
- Cream cheese
- Cheese
- Regular cottage cheese
- Half and half or nondairy creamer
- Whole milk ricotta or mozzarella

- Lighter Choices

- Skim, 1% or 2% milk
- Evaporated fat free or reduced fat milk
- Sorbet, sherbet, low fat or fat free frozen yogurt or ice milk
- Low fat or fat free varieties of the following
 - Yogurt
 - Cheese
 - Cottage cheese
 - Ricotta
 - Mozzarella
 - Cream cheese
 - Sour cream



Baked goods, Snacks and Sweets

- Heavier Choices
 - Pies with double crust
 - Cakes with cream
 - Donuts
 - Cheesecakes
 - Potato chips
 - Tortilla chips
- Lighter Choices
 - Pie with only one crust
 - Cakes made with less fat
 - Reduced fat sweets
 - Plain cakes such as angel food cake
 - Plain cookies such as vanilla wafers, ginger snaps
 - Baked potato chips
 - Baked tortilla chips

Fats, Oils and Salad Dressings



- Heavier Choices

- Cream
- Butter
- Gravy
- Full fat dressings
- Heavy sauces

- Lighter Choices

- Spray margarines
- Spray salad dressings
- Low fat or fat free salad dressings
- Healthier oils (Canola, Olive, Peanut)



Cooking LEANer

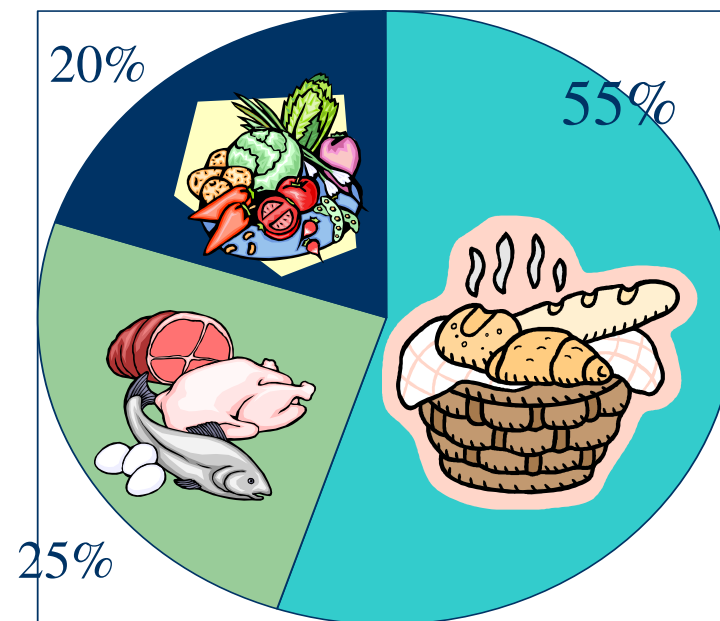
- Use leaner cuts of meat
- Cook in a lean manner: grill, roast, bake
- Change one ingredient at a time
- Add more vegetables to soups or casseroles
- Use less cheese or choose low fat cheese
- Use non stick pans or non stick cooking spray
- Substitute ½ of the oil in a recipe with applesauce or other fruit puree



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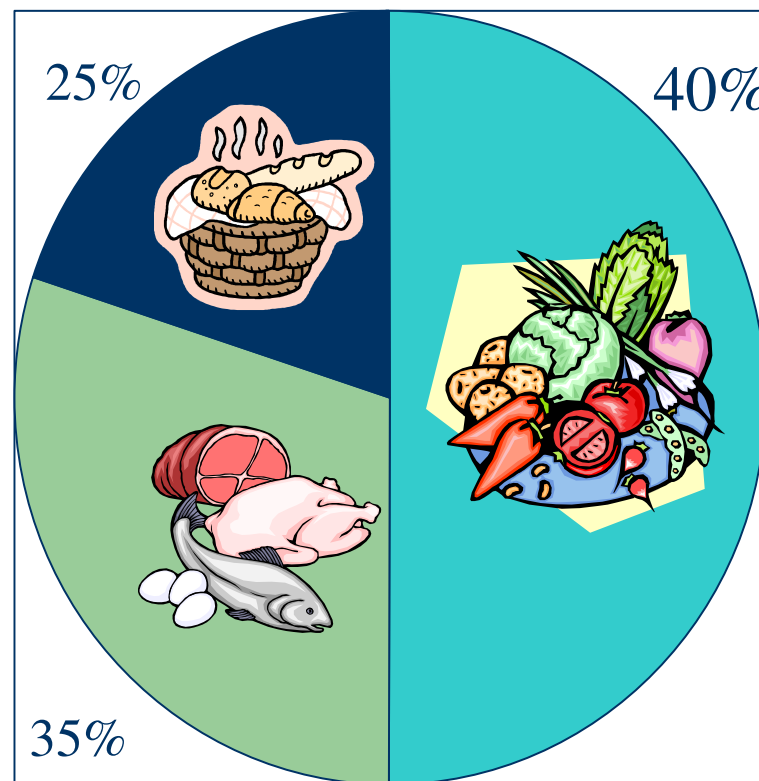
- Use less chocolate chips, nuts or coconuts and replace with raisins or dried cherries
- Use low fat or fat free products as replacements (sour cream, cream cheese)
- Cut back on added sugar by up to $\frac{1}{2}$
- Use sugar substitutes as directed on the box
- Add extra spices or new flavorings

Typical American Plate Model



- Carbohydrate
- Protein
- Vegetable

Reformed American Plate Model



- Vegetable
- Lean Protein
- Starch



Compare the Plates

- Old American Plate

- Sandwich with 4 oz of meat
- Snack crackers
- Cookies

- Veal parmigiana
- Pasta
- Salad

- New American Plate

- Sandwich with 2 oz or meat, sliced tomato, cucumber and spinach
- Piece of fresh fruit
- 1 cookie if desired

- Bowl of minestrone soup
- ½ portion pasta with marinara
- Salad



Take home messages

- Grocery List
 - Online grocery list @ www.checkmark.heart.org
- Low fat or low calorie cooking tips
- Redesign your plate
- Resources:
 - What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating by Marion Nestle
 - Strong Women, Strong Hearts by Nelson and Lichtenstein
 - www.supermarketsavvy.com